

Acronyms

BHS	British Hypertension Society
BMI	Body Mass Index
BP	blood pressure
CASH	Consensus Action on Salt and Health
CHD	coronary heart disease
CMO	Chief Medical Officer
CVD	cardiovascular disease
DBP	diastolic blood pressure
EPP	Expert Patients Programme
FPH	Faculty of Public Health
FSA	Food Standards Agency
GMS	General Medical Services
HDA	Health Development Agency
HDL	high-density lipoprotein
ISH	isolated systolic hypertension
LDL	low-density lipoprotein
LDP	Local Delivery Plan
NHF	National Heart Forum
NICE	National Institute for Health and Clinical Excellence
NSF	National Service Framework
PCO	primary care organisation
PCT	primary care trust
QMAS	Quality Management and Analysis System
QOF	Quality and Outcomes Framework
QPID	Quality Prevalence and Indicator Database
RCT	randomised controlled trial
SACN	Scientific Advisory Committee on Nutrition
SBP	systolic blood pressure
SIGN	Scottish Intercollegiate Guidelines Network
TIA	transient ischaemic attack
UKPDS	UK Prospective Diabetes Study
WHO	World Health Organization

Index

A

accelerated hypertension 14
action plan 41
 proforma for developing 84
action team 36
activity 19, 44
adherence to treatment 30, 50
age 16
aim of hypertension strategy 39
alcohol 19, 43
'at-risk' groups 15

B

babies:
 formula-fed 21
 low-birthweight 21
barriers to healthy lifestyles 50
beliefs of patients 53, 93
birthweight 21
Body Mass Index 17, 21
budgets 57, 58

C

capacity 55
cardiovascular risk 12, 28, 81
care plans 53, 95
case-finding 39, 45
causes of hypertension 14
clinical guidelines 10, 13, 47
cold homes 20
communication 52, 57
compliance 50
concordance 52
control of hypertension 28, 29, 45
coronary risk prediction charts 81
cost-effectiveness 35
cost of hypertension 15

D

definition of hypertension 13
detection 28, 45
diabetes 13, 20
diastolic blood pressure 11
drug treatment for hypertension 29

E

education 55
enabling environments 27, 44
environment 27, 44
essential hypertension 14
ethnicity 16
evaluation 58
Expert Patients Programme 54

F

family history 17
formula-fed babies 21
fruit and vegetables 17, 21, 44
fuel poverty 20
funding 57, 58

G

gender 16
gestational hypertension 14
GMS contract 34, 47, 91
guidelines for hypertension 10, 13, 47

H

health outcomes 35
high-risk approach 39
home blood pressure monitors 54
hypertension action plan 41
 proforma for developing 84
hypertension action team 36

I

identifying patients with hypertension 45
information for patients 105
infrastructure 54
inputs 41
interventions 41, 45
involvement of patients 54, 97
isolated systolic hypertension 14
IT systems 55

K

kidney disease 12, 14

L

lifestyle interventions 29, 41, 43
local hypertension action team 36

M

mainstreaming 58
malignant hypertension 14
management of hypertension 47
medicines
 for hypertension 29
 patients' thoughts about 93
milestones 40
modifiable risk factors 17
monitoring
 blood pressure at home 54
 of strategy/programme 58

N

National Blood Pressure Testing Week 46
nurses 49

O

obesity 17, 43
objectives 40
opportunistic case-finding 45
organisations 107
outputs 41
overweight 17

P

partnerships 35, 73
patient-held records 53, 95
patients
 involvement of 54, 97
 thoughts about medicines 93
performance assessment 58, 99
physical activity 19, 44
policy drivers
 local 34
 national 33, 65, 89
population approach 39
potassium 17
pregnancy 14
prescribing 57
prevalence of hypertension 14
 estimating 34
 ready-reckoner 71
prevention 25, 41
primary hypertension 14
priorities 37
psychosocial stressors 20
public and patient involvement 54, 97

Q

Quality and Outcomes Framework 34
Quality Management and Analysis System 35, 47
Quality Prevalence and Indicator Database 34

R

resting blood pressure 11
reviewing current activity 79
risk
 assessing cardiovascular risk 38, 81
risk assessment 29
risk factors 15
 modifiable 17
 trends 21
 unmodifiable 16

S

salt 17, 43, 87
screening 46
secondary hypertension 14
self-management of blood pressure 50
self-monitoring of blood pressure 54
settings 42, 77
the 'silent killer' 3
smoking 20
socioeconomic status 20
sodium 17, 43, 87
standards 40
strategy 33, 63
stress 20
stroke 12
sustainability 58
systolic blood pressure 11

T

target groups 37
targets of hypertension strategy 40
'Three Es model for lifestyle change' 27
training 55
treatment
 access to 30
 adherence to 30
Type 1 diabetes 20
Type 2 diabetes 20
types of hypertension 14

W

white-coat hypertension 14
whole population approach 25

Faculty of Public Health

4 St Andrews Place
London NW1 4LB

T 020 7935 0243

E enquiries@fph.org.uk

W www.fph.org.uk

Registered charity number 263894
ISBN 1 900273 15 2



Produced by the **Faculty of Public Health** and the **National Heart Forum**